

Kay's Kitchen

By Kay Fisher

I promised some recipes for the calorie counters, and for one who has stepped back into the straight and narrow diet routine, the blimpiest things are the easiest and best.

If you are really earnest, get a good calorie chart that will tell you how many calories are in this and that. There are lots of books out that get really complicated in counting grams etc., but it all ends up with the calorie intake.

First, here is a list of vegetables 100 per cent of the calories are in water and salt for seasoning. If you feel you can add the extra calories, you may add a pat of butter. However don't forget to add 50 calories. Or you can add a bit of lemon juice or vinegar and you only add about 5 or less calories.

I know when I say 1/2 cup per serving it sounds like a mighty little bit, but if you actually measure out 1/2 cup, then put it on your plate it is almost what you would serve yourself normally. I know, because I have tried it.

Green beans, 1/2 cup, 20 calories; Lima beans, 1/2 cup, 100 calories; Potato, baked, 100 calories; Beets, 1/2 cup, 40 calories; Brussels Sprouts, 1/2 cup, 55 calories; Zucchini, 1 cup, 25 calories; Turnips, 1 cup, 50 calories; Tomatoes, medium fresh, 25 calories; Carrots, 1 cup, 50 calories; Squash, summer, 1 cup, 25 calories; Spinach, 1 cup, 20 calories; Cabbage, 1/2 cup, 25 calories; Carrots, 1/2 cup, 20 calories; Corn, 1/2 cup, 20 calories; Onions, 1 medium, 60 calories. You can see it really isn't the initial vegetable but what you eat with it.

Meats are the same way. Lamb without fat has the least number of calories per serving, beef, veal, pork and ham. Fish, broiled, runs from

Supt. Donald Elder speaks at joint women's clubs meet

The Carlisle Community Woman's Club and the Carlisle Junior Woman's Club (KFWC) met for a joint session at the Nicholas County Library on Monday, Jan. 12.

The meeting was called to order by the president of the Junior Club, Mrs. James D. (Pam) Anderson. After spiritual values, Mrs. Anderson introduced Nicholas County School Superintendent Donald Elder, who addressed the joint meeting.

Superintendent Elder enumerated a few of his duties which included preparing and keeping in balance the annual budget, preparing the rules, regulations and by-laws for the Board, seeing that these rules, regulations and by-laws are carried out, and serving as the leader of the board, staff, pupils and parents, trying to achieve effective results through such leadership.

Supt. Elder noted that the county taxpayers are currently paying 70.9 cents per \$100 assessment of property. The expected revenue from the county is something around \$500,000. The balance of the budgeted, about two-thirds of total, money comes from state and federal government sources.

He stated that monthly expenditures run around \$95,000.00.

Next, Mr. Elder spoke about instruction in the schools. He stated that there are 35 classroom teachers employed in the elementary school in addition to instructors in music, art, physical education, two of Head Start and special classes for the educable children and the trainable, in addition to the librarians.

At the high school there are programs and activities to include band, industrial arts, an adorable children's

Oldham's January Clearance Sale Is Now Going On . . .

Reductions Being Made on Dresses-Coats-Suits-Shoes-Bags Sportsweat-Slacks-Sweaters-Skirts-Blouses-Tops-Robes-Gowns-Pajamas and Other Items FOR REAL VALUES BE SURE TO SHOP

Oldham's

Mt. Sterling

Farah youth has party

Miss Mary Alich Farah celebrated her fifth birthday on Wednesday, Jan. 14, at the home of her parents, Mr. and Mrs. L. A. Farah.

Guests included her brothers, Licha Jr. and Jehron, Nicki Earlwynne, Ursula Keary and children, Hamed, Fareed, Jackie, Fadia, Shabeeb, and Anna.

Miss Farah's aunt, Mrs. Charles LaFontaine and Mr. LaFontaine of Frankfort were joined with a birthday dinner on Sunday, Jan. 11.



Snoopy's here

Snoopy, behind the home of Mr. and Mrs. Gayle Kelley on Locust Street, Tuesday, Jan. 20. Pictured are Gayle Kelley, Paige Haney and Stephen Kelley.

Has birthday dinner recently

Mrs. Phyllis Blake of Carlisle celebrated her birthday recently with her friends at her home.

Those attending were: Margaret Ring, Mary Ruth Gray, Mabel Shrub, Mary Pollard, Virginia Trent, Brenda Trent, Penny Jackelyn Elizabeth Tincher, Elizabeth Wilcoxson, Judy Brooks, Cordie Bretz, Joann Lehman, Carol Motley, Carolyn Maddox, Dorothy Mathews, Carolyn Glass, Rosie Boone, Ellie R. Burden, Edna Mary Jolly, Sylvia Creech and Sally McFarland.

SOCIETY

Saltwell church women meet

The Saltwell United Methodist Women held their regular monthly meeting in the home of Mr. and Mrs. Claude Fryman on Jan. 5. "Week of Prayer and Self Denial" was the basis for the program led by Virginia Fryman. Dorothy Jones, president conducted a brief business session after which Elizabeth "Red" Gaunce led the benediction.

Following the meeting, a baby shower was given for Mrs. G.R. Feedback and refreshments were served.

Family arrives for vacation

Ken Stevenson and sons, Jan, Bruce and Neil of Sydney, Australia arrived in Carlisle for a week's vacation at Blue Ridge in Lexington on Tuesday, Jan. 19. Mr. Stevenson spends his vacation here each year, this is the first trip he has taken out with discipline problems.

When questioned about any drug problem, he stated that he had no problem to suggest that use of drugs did not exist but that it had not become a major school issue as yet.

Births

SMALL
Mr. and Mrs. Gary Small of Millersburg announce the birth of a daughter on Friday, Jan. 3, 1976 at the Bourbon County Hospital. She weighed seven pounds, six ounces and has been named Crystal Ann.

Maternal grandmother is Mrs. Mary Graves of Millersburg.

Paternal grandparents are Mr. and Mrs. Reynolds Small of Carlisle.

The new Miss Small is the Bourbon County Bicentennial baby, being the first child born in 1976 in the Bourbon County Hospital to parents living in the county.

Pizza party held Jan. 16 for daughter

Mr. and Mrs. Mike Buckner, assisted by her mother Mrs. James Wade, entertained with a pizza party on Friday, Jan. 16 in honor of their daughter, Angie's eighth birthday.

The following guests attended: Tammy Anderson, Melissa Jones, Janelle Hall, Amy McFarland, Paula Haman, Lisa Moss, Cami Clark, Amy Nettleton, Mary Neherland, Marcia Hunt, Allison Knape, Cindy Allison and Karri Beth.

Annual Girl Scout cookie sale begins

The Annual Cookie Sale of the Wilderness Road Girl Scout Council began this week in Nicholas county and will continue through Feb. 7, reported Mrs. Robert Cooney, local chairperson.

The 13,000 Girl Scouts in this Council will be attempting to sell 240,000 boxes of cookies to raise money for the development of the five camp sites and support of the outdoor program throughout the Council's 57 counties.

Mrs. Cooney stated that it takes the sale of 13,000 boxes of cookies to provide a complete camp unit. Troops receive 12.5 cents for each box of cookies they sell to be used to support the troop's own program activities.

Cookie sales this year will sell for the same price as last year.

Family celebrates joint birthdays

Mr. and Mrs. Stanley Flora of Washington recently celebrated with a birthday dinner at their home. The honorees were Mrs. Flora's mother, Mrs. J. A. Whaley of Carlisle who was 81 years old, and Mr. Flora, who was 60 years old.

Fall and Holiday Pant Suits Reduced 1/2
2 Groups of Sportswear 2 Items for Price of 1
Group of Eveningwear Reduced 1/3
Abraham's Ladies Shop

Quasar
WORKS IN A DRAWER COLOR TV
Model WU001015
100% Solid State
Phone 289-5245 Carlisle

GET MORE MONEY BACK WITH THESE JANUARY FOOD VALUES

HELLMAN'S MAYONNAISE at 99¢
STRAWBERRY PRESERVES Smuckers 89¢
SWANS DOWN CAKE MIXES 49¢
PEPSI, 7-UP DIET PEPSI 18 oz. 79¢
JOAN OF ARC SALE
Golden W.K. Corn 3/2 3/1
Golden Cream Corn 3/2 3/1
White Cream Corn 3/2 3/1
Early June Peas 3/2 3/1
Cut Asparagus 3/2 3/1
Light Red Kidney Beans 4/11 3/10

Kentucky Group introduces one card system Monday
LEXINGTON—Kentucky Group Banks Monday introduced the ONE Card, a program which officials of the 18-member affiliation said marked the entrance of the group into a "new era in banking."

The ONE Card offers customers of Kentucky Group Banks a member of free services and provides them the opportunity to greatly increase the speed and accuracy with which banking transactions are conducted.

Initially, The ONE Card will be issued to personal checking account customers of Lexington's Central Bank & Trust Company. Within 90 days, however, all customers of Kentucky Group Banks will enjoy the benefits of the program.

The Kentucky Group Banks will continue their policy of 100 per cent free checking accounts and plan to add several services as a means of utilizing The ONE Card. Initial benefits to be offered include free notary service, instant account identification, instant balance verification, free traveler's checks, monthly premium instant

Aero Wax 27 Oz. 99¢
Purina Whisker Lickings Cat Food 8 Oz. 5/11
Heinz 57 Steak Sauce 5 Oz. 29¢
Kleenex Dinner Napkins 50 ct. 39¢
Reynolds Wrap 37.5 sq.ft. 69¢
Total Cereal 12 Oz. 69¢
Rich 'n Easy Frosting Mixes 15.4 oz. 69¢
Bisquick Baking Mix 99¢
Sofatisk Cake Flour 32 Oz. 59¢
Kid's Marshmallow Cream 24 Oz. 99¢
Playtex Tampons 55 Ct. \$1.69
Spun Gold Mixed Nuts 1 1/2 Diamond Bag \$1.69
Large Walnuts 13 Oz. 69¢
Mrs. Thornton's Frozen Party Size Cake Donuts 11 Oz. 69¢
BANANAS 2 Lb. \$1.29
POTATOES U.S. No. 1 10 lb. bag \$1.29
IDAHO POTATOES U.S. No. 1 10 lb. bag \$1.29
GREEN ONIONS or Radishes 2129¢
Temple Oranges 59¢
BUSH'S VALUE SALE
Cut Green Beans 3/1
Shelled Beans 3/1
Chopped Mustard Greens 3/1
White Hominy 3/1
Chopped Kale 3/1
PUFFS 200 Ct. White, Assorted
FACIAL TISSUE 2/89¢